

# CEC

COMMUNITY & ENRICHMENT CENTER  
WEEKLY NEWSLETTER  
AUGUST 20, 2021

## ONLINE CLASS: SMARTPHONE TECHNOLOGY

Interested in learning more about your smartphone camera? Come to this lecture to explore your smartphone's camera and some features like recording video, adding filters to pictures, and using your camera's timer!

## WAITING FOR DUCKLINGS

One of our resident ducks has laid 6 eggs. Find out fun facts to know as we await the arrival of our newest feathered friends.

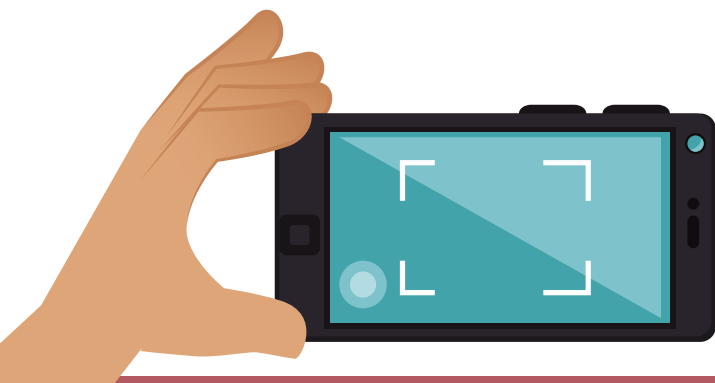
## RECIPE: GRILLED CORN WITH MISO HONEY BUTTER

An easy and healthful way to elevate corn on the cob

## WHAT'S HAPPENING?

Find out what's happening at the CEC.





**EVENT | FREE**

# **SMARTPHONE PHOTOGRAPHY**

## **Date & Time**

Mon August 23 | 8:30am–9:45am MDT

## **Location**

Online / By Phone

## **Description**

Interested in learning more about your smartphone camera? Come to this lecture to explore your smartphone's camera and some features like recording video, adding filters to pictures, and using your camera's timer! We'll also go over some basic tips for taking good selfies, selecting backgrounds, and using optimal lighting. This presentation will cover Android and iPhones.

## **Click or tap to join this class by Zoom:**

<https://seniorplanet.zoom.us/j/535803138>

Meeting ID: 535 803 138

## **OR Call in by phone:**

1-646-558-8656 or 1-312-626-6799

Meeting ID: 535 803 138

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# Grilled Corn With Miso Honey Butter

An easy and healthful way to elevate corn on the cob



## Ingredients

- 1 tablespoon unsalted butter, at room temperature
- 1 tablespoon vegetable oil
- 2 teaspoons white miso paste
- 1 1/2 teaspoons honey
- 1 teaspoon low-sodium soy sauce
- 4 ears fresh corn, husked
- Fresh parleys, for garnish (optional)

Prepare the grill for direct heat: If using a gas grill, preheat to medium-high (450 degrees). If using a charcoal grill, light the charcoal or wood briquettes; when the briquettes are ready, distribute them under the cooking area for direct heat. For a medium-hot fire, you should be able to hold your hand about 6 inches above the coals for 3 or 4 seconds. Have ready a spray water bottle for taming any flames.

Lightly coat the grill rack with oil and place it on the grill.

Meanwhile, combine the butter, oil, miso, honey and soy sauce in a small bowl, mashing them together with a fork, then whisking until smooth.

Brush the corn with the miso-butter mixture, then place the corn on the grill. Cook for 6 to 8 minutes, using tongs to turn them frequently, until the corn is crisp-tender and nicely charred.

Transfer to a platter. Garnish with parsley, if using, and serve.



# WE'RE WAITING ON DUCKLINGS!



## FUN THINGS TO KNOW!

ABOUT 28 DAYS AFTER BEGINNING INCUBATION THE EGGS HATCH TOGETHER. THIS TAKES ABOUT 24 HOURS. THE DUCKLINGS STAY IN THE NEST FOR AT LEAST 10 HOURS WHILE THEY DRY AND GET USED TO USING THEIR LEGS. THEN, USUALLY IN THE EARLY MORNING, THE FEMALE LEADS THEM TO WATER.

BAD WEATHER MAY DELAY THIS EXODUS, BUT THE SOONER THE DUCKLINGS GET TO WATER TO FEED, THE BETTER THEIR CHANCES OF SURVIVAL. THE NEST IS ABANDONED, ALTHOUGH IF IT IS CLOSE TO THE FEEDING AREA, THE FAMILY MAY CONTINUE TO USE IT FOR BROODING AND ROOSTING.

IF THE NEST IS SOME WAY FROM WATER, THIS FIRST JOURNEY CAN BE THE MOST PERILOUS TIME IN A DUCKLINGS LIFE. WHERE A NEST IS HIGH UP (UP A TREE OR ON A BALCONY) THE BIRDS MUST FIRST JUMP TO THE GROUND. BEING VERY LIGHT AND COVERED IN DOWN THEY USUALLY COME TO NO HARM DURING THE FALL. IF THE LANDING AREA IS VERY HARD AND THERE IS CAUSE FOR CONCERN, PLACING SOMETHING SOFT LIKE STRAW OR A BLANKET UNDERNEATH WILL CUSHION THE FALL. NEXT THEY WILL HAVE A LONG AND POTENTIALLY HAZARDOUS WALK BEFORE THEY CAN REACH WATER.

YOUNG DUCKLINGS CAN FEED THEMSELVES AS SOON AS THEY REACH WATER, BUT MUST LEARN WHAT IS EDIBLE. THEY DEPEND ON THEIR MOTHER FOR WARMTH FOR A FEW DAYS. SHE BROODS THEM REGULARLY, PARTICULARLY AT NIGHT, AS THEY EASILY CHILL IN COLD WEATHER.

THE DOWN OF THE DUCKLINGS IS NOT NATURALLY WATERPROOF. THEY GET THE WATERPROOFING FOR THEIR DOWN FROM THEIR MOTHER. SHE ALSO PROTECTS HER DUCKLINGS FROM ATTACKS BY OTHER MALLARDS. DUCKS DO NOT TOLERATE STRAY DUCKLINGS CLOSE TO THEIR OWN BROOD, AND FEMALES KILL SMALL STRANGE YOUNG THEY ENCOUNTER. DUCKLINGS TAKE 50-60 DAYS TO FLEDGE (FLY) AND BECOME INDEPENDENT. THEY ARE ABLE TO BREED WHEN THEY ARE A YEAR OLD.

SOURCE: [RSPB.ORG](https://www.rspb.org.uk)



# WHAT'S HAPPENING?

**YUMA SENIOR CENTER  
PICNIC**  
FOR SENIORS 60 AND OLDER

AT THE  
**LAKE YUMA**  
PAVILION

**FREE ENTRY**

**AUG 21**  
5PM

ROASTED CHICKEN WILL BE PROVIDED. PLEASE BRING A SIDE OR DESSERT.

RSVP BY AUGUST 19TH TO DEB HIGGINS 970-630-1719 OR KATHY JAROSZ 970-360-9472



## SENIOR DAY AT THE FAIR

If you're a senior 60 years old or more, please join us on August 21st at 5pm for The Yuma Senior Picnic at the Lake Yuma Pavilion.

## OUR GYM IS OPEN

Our gym is open and FREE to use by appointment only.

Call 970-848-0407 to make an appointment. or to find out more!

## TAEKWONDO

Classes occur on Monday, Wednesday and Thursday evenings at 5:30pm.

Call 970-848-0407 to find out more!

## YUMA PUBLIC LIBRARY PROGRAMS

Did you know the Yuma Public Library offers a variety of programs for all ages? Find out more by visiting their website:

[yuma.colibraries.org](http://yuma.colibraries.org)

## HAVE IDEAS?

Are you interested in learning a new skill? Want to see specific programming offered by the CEC?

Call 970-848-0407 to share your ideas.



# **YUMA SENIOR CENTER PICNIC**

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# MEET AND EAT

## AUGUST 2021

NECALG Area Agency on Aging is proud to offer our communities 4 kitchens and 11 meal sites in Logan, Morgan, Phillips, Sedgwick, Washington, and Yuma counties. Community based meal sites offer meal services on a reservation basis. A \$4 donation is suggested for individuals age 60+, \$12.50 for guests under 60 years of age. Please contact us if you or someone you know is 60 years old or older and are in need of meal delivery.

### Contact Information:



Marlene Miller  
Lead Ombudsman/Senior Service, SHIP  
N.E CO. Area Agency on Aging, Yuma County  
mmiller@necalg.com  
Office 970-848-2277



### AUGUST 2021 YUMA MEET & EAT



**FOR RESERVATIONS OR CANCELATIONS CALL 848-2038 BY 8:00 A.M.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 SWEET & SOUR PORK RICE ORIENTAL VEGETABLES VW ROLL APRICOT HALVES OATMEAL CHOCOLATE CHIP COOKIE  Calories: 781 Carb: 110.1g Fib: 9.8g Protein: 30.0g Fat: 23.0g Sod: 576mg	3 SHEPHERD'S PIE CREAMY COLESLAW ROLL STRAWBERRY APPLESAUCE BUTTERSCOTCH BROWNIE  BIRTHDAY RECOGNITION Calories: 750 Carb: 113.5g Fib: 9.5g Protein: 31.4g Fat: 22.4g Sod: 864mg	4 SOFT SHELL TACOS REFRIED BEANS MEXICALI CORN FRUIT CUP  SENIOR MEETING Calories: 638 Carb: 89.9g Fib: 11.1g Protein: 37.5g Fat: 16.7g Sod: 883mg	5 LOLOLE: HAMBURGER STEAK BAKED FISH BAKED POTATO CALIFORNIA VEGETABLES ANNA'S DILLY BREAD CINNAMON APPLE SLICES  Calories: 588 Carb: 95.8g Fib: 10.8g Protein: 29.9g Fat: 11.8g Sod: 725mg	6 HAM MASHED POTATOES & GRAVY BEAN MEDLEY OATMEAL ROLL PEAR ORANGE FRUIT CUP CARROT COOKIE  Calories: 628 Carb: 93.8g Fib: 10.0g Protein: 26.9g Fat: 18.2g Sod: 1309mg
9 LASAGNA ROTINI CASSEROLE TOSSED SALAD W/ DRESSING ITALIAN VEGETABLES GARLIC BREAD CANTALOUPE CUBES  Calories: 694 Carb: 91.2g Fib: 11.5g Protein: 38.1g Fat: 22.8g Sod: 675mg	10 CHICKEN POT PIE BEAN MEDLEY FRUIT CUP APPLESAUCE CAKE  Calories: 677 Carb: 86.8g Fib: 9.5g Protein: 35.7g Fat: 23.1g Sod: 564mg	11 LOLOLE: CHICKEN NOODLE CASSEROLE TUNA NOODLE CASSEROLE BROCCOLI VW ROLL APPLE SALAD COOKIES W/ RAISINS  Calories: 715 Carb: 90.5g Fib: 10.0g Protein: 37.0g Fat: 25.7g Sod: 586mg	12 HOT ROAST BEEF SANDWICH GREEN BEANS & CORN MANDARIN ORANGES W/ BANANA NATURE COOKIE  Calories: 722 Carb: 115.0g Fib: 10.8g Protein: 34.3g Fat: 17.4g Sod: 530mg	13 WHITE CHILI W/ CHICKEN SPINACH SALAD ROLL MELON CUP OATMEAL NUT COOKIES  Calories: 613 Carb: 81.3g Fib: 10.7g Protein: 30.3g Fat: 20.3g Sod: 565mg
16 SPRING GARDEN CHICKEN CALIFORNIA VEGETABLES ONION ROLL BANANA SPLIT FRUIT CUP OATMEAL NUT COOKIE  Calories: 777 Carb: 92.1g Fib: 10.2g Protein: 45.0g Fat: 27.9g Sod: 822mg	17 BARBECUE PORK CHOP SCALLOPED POTATOES CABBAGE BRAN MUFFIN PEAR ORANGE FRUIT CUP  Calories: 729 Carb: 97.6g Fib: 10.8g Protein: 37.2g Fat: 23.4g Sod: 864mg	18 SLOPPY JOE SANDWICH POTATO SALAD BROWN BUTTER & DILL BRUSSEL SPT FRESH FRUIT CUP  BLOOD PRESSURE Calories: 622 Carb: 87.8g Fib: 10.9g Protein: 33.6g Fat: 18.8g Sod: 870mg	19 LASAGNA TOSSED SALD W/ DRESSING PEAS & CARROTS GARLIC BREAD FRUIT CUP  Calories: 658 Carb: 90.3g Fib: 11.8g Protein: 34.7g Fat: 21.3g Sod: 635mg	20 CHICKEN CACCIATORE MASHED POTATOES GREEN BEANS VW ROLL TROPICAL FRUIT CUP APPLE GRANOLA COOKIE  Calories: 806 Carb: 86.6g Fib: 10.0g Protein: 44.0 Fat: 33.0g Sod: 1262mg
23 CABBAGE BURGERS CRISPY CUCUMBERS & TOMATOE CORN FRUIT CUP OATMEAL NUT COOKIES  Calories: 644 Carb: 96.9g Fib: 9.8g Protein: 30.2g Fat: 18.9g Sod: 506mg	24 ROAST TURKEY GRAVY YAM APPLE BAKE SPINACH/STRAWBERRY SALAD BRAN MUFFIN MANDARIN ORANGES  Calories: 662 Carb: 99.0g Fib: 11.0g Protein: 26.3g Fat: 20.7g Sod: 855mg	25 SWISS STEAK BOILED POTATOES ITALIAN VEGETABLES ROLL SLICED BANANAS  Calories: 725 Carb: 90.5g Fib: 11.0g Protein: 41.9g Fat: 23.5g Sod: 433mg	26 CHICKEN TETRAZZINI MARINATED VEGETABLE SALAD STEVED TOMATOES VW ROLL WATERMELON  Calories: 600 Carb: 69.2g Fib: 10.4g Protein: 36.8g Fat: 21.8g Sod: 749mg	27 BACON POTATO BREAKFAST BURRIT GREEN CHILI W/ PORK SPANISH RICE TOSSED SALD W/ DRESSING STRAWBERRIES & BANANAS OATMEAL BANANA RAISIN COOKIES  Calories: 688 Carb: 92.4g Fib: 9.8g Protein: 27.5g Fat: 24.8g Sod: 749mg
30 HAMBURGER ON A BUN LETTUCE/TOMATO SLICES CALIFORNIA VEGETABLES PEAR SLICES APPLE GRANOLA COOKIES  Calories: 767 Carb: 82.8g Fib: 10.1g Protein: 42.8g Fat: 31.3g Sod: 371mg	31 PORK CHOP SUEY BROWN RICE CARROT COINS VW ROLL PINEAPPLE TIDBITS  Calories: 641 Carb: 94.5g Fib: 9.5g Protein: 31.4g Fat: 16.9g Sod: 492mg	Menu may change due to availability of food items or conditions that cause the kitchen to close.  Suggested Donation - \$4.00  Under Age 60 Mandatory Charge - \$12.50		
If you must cancel your meal, please do so by 8:00 a.m. the day of the meal.				
IF YOU CHOOSE THE CHOICE ENTREE, PLEASE MAKE THE RESERVATION FOR IT AT LEAST 1 (one) DAY BEFORE.				